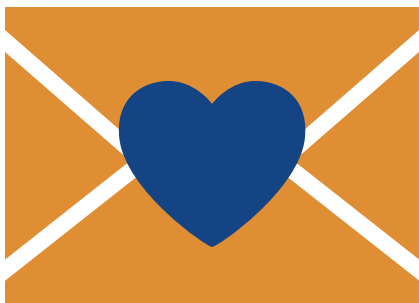


OCTOBER 2020

SENIOR CENTER NEWSLETTER



A MESSAGE FROM YOUR COMMUNITY SERVICES STAFF



Hello to all our San Bruno Senior Center friends. We miss you and hope you are thriving during these difficult times. We continue to provide lunch deliveries and pick-ups at the front door for San Bruno residents. There is no scheduled reopening date for the Senior Center at this time. This newsletter contains some educational information, puzzles, resources, and information about a Halloween event. Best wishes from the staff at the Senior Center.

-Community Services Staff





Helpful Information

Senior Services Resource Line (from Peninsula Family Service) : This is a support and referral line for people aged 60+ that can connect you to a range of resources such as food services, weekly well being calls with a Senior Peer Counselor, and more. Call 650.780.7542.

Aging & Adult Services: If you are a senior, or a person with disabilities, and you have no neighbors, family or friends close by, and you have an urgent need for food, medication or supplies, call Aging & Adult Services at 1.800.675.8437. Available 24/7.

Well Connected: If you are aged 60+ and looking for activities to do, or would like to talk to a friendly voice, call Well Connected that provides activities and conversations over the phone or online. Call 1.877.797.7299.

Friendship Line: Institute on Aging's 24 hour toll-free, line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities, as well as lonely older adults. Call 1.800.971.0016.

Generations Connect: Do you miss talking to and meeting new people? Want to share your wisdom with the younger generation? Would you like to build friendships with young adults? If you would like to sign up for video or phone calls with companion volunteers, visit generationsunite.org or call 650.241.9864.

211 Referral Line: Available 24 hours a day, 7 days a week to help you find the number of any agency, company, or get the latest updates including non-emergency COVI-19 questions you may have.

HICAP of San Mateo County continues to provide unbiased Medicare counseling to Medicare beneficiaries in our county. Counselors continue to provide guidance over the phone and have also been giving online presentations about Medicare. Clients may reach them by phone at 650.627.350 or hicapsanmateocounty.org.

Senior Planet: Senior Planet is an online resource to help connect seniors to technology through classes, activities, and programs. Visit seniorplanet.org.

FABI'S KITCHEN PEANUT BUTTER SPIDER COOKIES



Yield: 48 cookies
Prep Time: 10 min
Cook Time: 20 min

Instructions

- 1: Preheat oven to 375.
- 2: In a large bowl, beat together shortening, peanut butter, egg, sugar, brown sugar, vanilla, and milk.
- 3: In a medium bowl, whisk together flour, baking soda and salt.
- 4: Gradually add dry mixture to wet mixture and beat until blended. Form into 1" balls.
- 5: Roll in sugar and place a couple of inches apart on ungreased cookie sheet.
- 6: Bake 10-12 minutes until golden. When they come out of the oven gently press an upside down frozen peanut butter cup on top of each cookie and move to a wire rack to cool.
- 7: After placing and moving all of the cookies on the wire rack place the candy eyes on the peanut butter cup while the chocolate is still slightly soft. Place cookies in refrigerator for 10 minutes to firm up.
- 8: Place chocolate chips in corner of a sandwich bag and microwave for 10 to 20 seconds kneading chocolate in between until the chocolate is melted.
- 9: Clip a small piece of the corner of the bag and use the bag to pipe 8 legs on each of the cookies. (4 legs per side)
- 10: Place in refrigerator for 10 minutes or so to allow legs to set.

Ingredients

1/2 cup shortening
1/2 cup peanut butter (smooth)
1/2 cup of brown sugar
1/2 cup granulated sugar
1 egg
2 tablespoons milk
1 teaspoon vanilla
1 3/4 cup all purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/4 cup sugar (for rolling)
48 miniature Reese's cups unwrapped and frozen
96 candy eyes
1/2 cup semi-sweet chocolate chips

FALL PREVENTION AWARENESS

www.americanbonehealth.org

As we age, the bones of the skeleton lose their mineral density and the structure becomes thin and unable to take normal weight, leaving bones that break more easily. If we can prevent falls, we can prevent fractures.

According to the Centers for Disease Control:

- An older adult falls every second.
- 25% of older adults fall each year.
- Falls are the #1 cause of hip fractures.



Most falls are caused by an interaction of multiple risk factors like age, previous falls, fear of falling, and chronic medical conditions that affect walking. Here are some factors that can lead to falls and how you can minimize them.

1. **Poor vision:** If you have old prescription glasses or contacts, or perhaps cataracts or glaucoma, you may not be able to see potential trip hazards. Get your eyes checked.
2. **Muscle weakness:** As we age, we can lose 1% of our muscle mass each year. Improving leg strength by doing modified squats can give you stability and a solid foundation.
3. **Poor balance:** If you cannot stand on one leg for 11 seconds, you are at risk for a dangerous fall. Practice standing on one leg every day – start by holding on to something for stability, like a counter, and work up to 30 seconds.
4. **Trip hazards:** There are so many threats lurking in and around the home waiting to trip you up: loose cords, scatter rugs, clutter, small pets and their toys, uneven sidewalks, parking lot curbs – and the list goes on. Always keep a good eye out for hazards.
5. **Multiple medications:** People who take 4 or more medicines are at increased risk of falling. Talk with your doctor about your medications to see how they might affect your balance.

Fall prevention begins with awareness and reducing risk. Start now and incorporate these tips into your life to stay on your feet.

1. **Stop multitasking:** Pay attention to where you put your feet. This may mean that you don't walk and window shop at the same time. Look ahead for those trip hazards and stop if you want to see something. Don't text while walking.
2. **Use a hand:** Hand rails and grab bars are your friends. Make sure to get them installed in the bathrooms because that is where most falls happen.
3. **Turn on the light:** Most falls happen at night on the way to the bathroom. If it's dark, you may not see the trip hazard. Put in night lights, especially in hallways, stairwells, and bathrooms.
4. **Get moving:** Exercise is a purposeful, repetitious activity that goes beyond your usual activities and you must work on it! You can reduce your risk of falling if you have good leg strength and balance. Find a group class or activity you enjoy. If you have an appointment to exercise you are more likely to do it. If you can't get out, there are many walking DVDs or other home exercise programs to help you stay active. If you have problems, it may be helpful to begin with a visit to your doctor to discuss starting an exercise program.



SAN MATEO COUNTY VOTING

All registered California voters will be sent a vote-by-mail ballot on October 5, 2020 with a prepaid, first class postage return envelope for the November 3, 2020 General Election.

You have multiple safe, secure, and reliable options for returning your ballot.

Mail: No stamp is required to return your ballot through the US Postal Service. Make sure your ballot is postmarked by November 3, 2020. Once your ballot is completed and mailed, you can sign up for ballot tracking at california.ballottrax.net/voter/

Drop Box: Drop boxes can be found on the Linden Avenue side of City Hall, as well as at the San Bruno Senior Center, 1555 Crystal Springs Road. Make sure your ballot is deposited by 9:00pm on November 3, 2020.

In-Person: You can return your ballot to a polling place, vote center, or your county elections office by 9:00pm on November 3, 2020. Voting locations will offer voter registration, replacement ballots, accessible voting machines, and language assistance. If you prefer to vote in person, there will be three locations in San Bruno open to the public beginning on October 31, 2020 through November 3, 2020. The hours are 9am-5pm October 31-November 2, and 7am -9pm on November 3. Face masks will be required in each of the voting centers. The San Bruno voting centers are Veterans Memorial Recreation Center- 251 City Park Way, Courtyard by Marriot-1050 Bayhill Drive, and Skyline College, Building 12, Farallon Room-3300 College Drive.



City Hall drop box. Linden side of building.

To find out more about elections, and to find a full list of San Mateo County Voting Centers, please call the San Mateo Elections Division at 650.312.5222.

CHEF FABIOLA CRUZ A "STAR WITH A HEART"

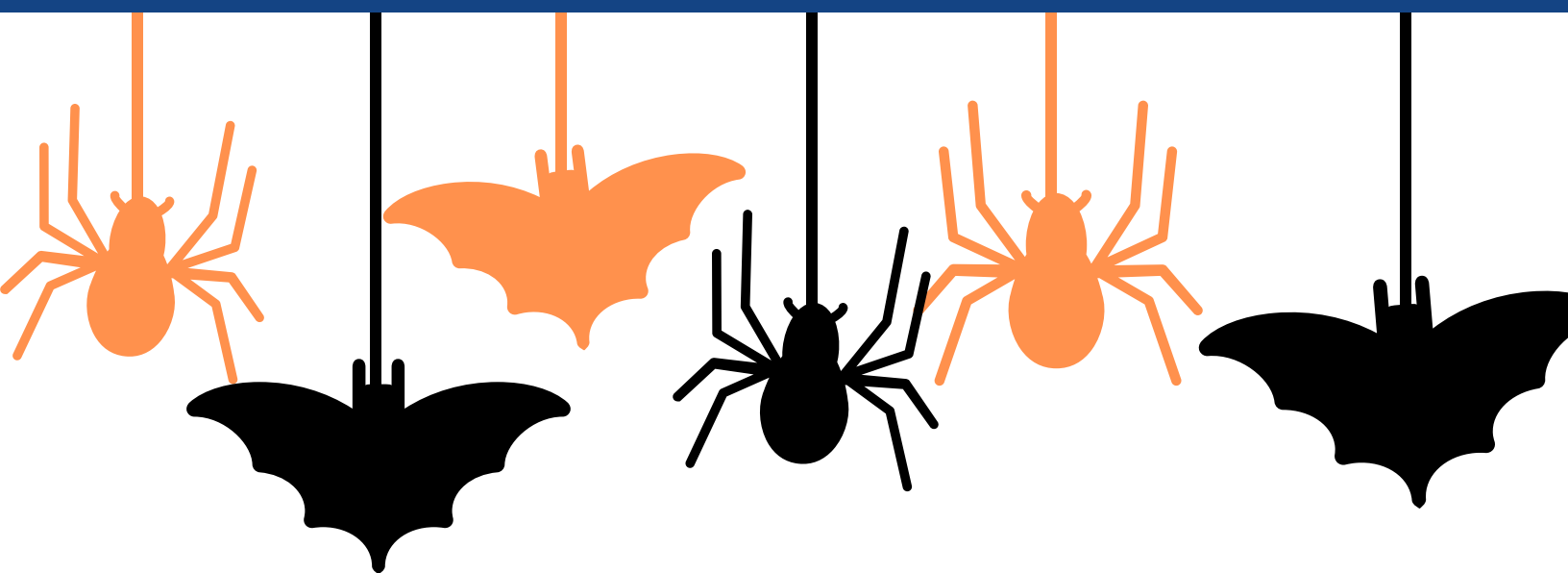


San Bruno Rotary presenting Chef Fabiola with the "Star with a Heart" award, accompanied by her husband and daughter.

Chef Fabiola Cruz, affectionately known by her seniors as Fabi, took over as chef in July of 2019, and has since revamped the lunch program to introduce nutritious recipes that feature new flavors from around the world. Fabiola not only brings a vibrancy to the Center with her delicious food, but also with her infectious personality that brightens the days of staff, volunteers, and Senior Center members. With the help of City staff and volunteers, Fabiola has continued to cook during the pandemic to provide warm meals to over 120 seniors five days per week.

On September 18, 2020, Chef Fabiola was recognized by the San Bruno Rotary Club and was presented with the **"Star with a Heart"** award. She was given the honor for her dedication and service to the San Bruno community and especially the senior citizens.

Congratulations Fabiola!



SAN BRUNO SENIOR CENTER SPOOKTACULAR HALLOWEEN

DRIVE-THRU TRICK-OR-TREAT

FRIDAY, OCTOBER 30, 2020

2PM-3:30PM

DRESS IN COSTUME AND DRIVE INTO THE MAIN SENIOR CENTER PARKING LOT. STAFF WILL GREET YOU AT YOUR CAR WINDOW WITH A TREAT.

KATHY & JOE (HAVE A PARTY PROS) WILL BE PLAYING MUSIC.

THIS IS A FREE EVENT, BUT PLEASE CALL 650.616.7150 BY OCTOBER 28 IF YOU PLAN TO STOP BY SO WE CAN PREP GOODIES!

SUDOKU

Easy

9								1
	7	8			2			3
					5	8		
	4							
					9		3	4
		3	8					5
	9						6	
5	3	6	7				4	
	2		4			1		

Medium

								2
3			9	8	4			
1		9			2			
	6	4		5		8		
			4			9		
				1		4	5	
9		1			7	6		
		6						
		5		9		7		

Answers on page 8.

WORD SCRAMBLE

MUKIPNP

RCANSO

YRADEHI

LAPEP RECID

THERVAS

LOALFBOT

CREOSWACR

DROUG

ONCR EMZA

SUDOKU ANSWERS

Easy

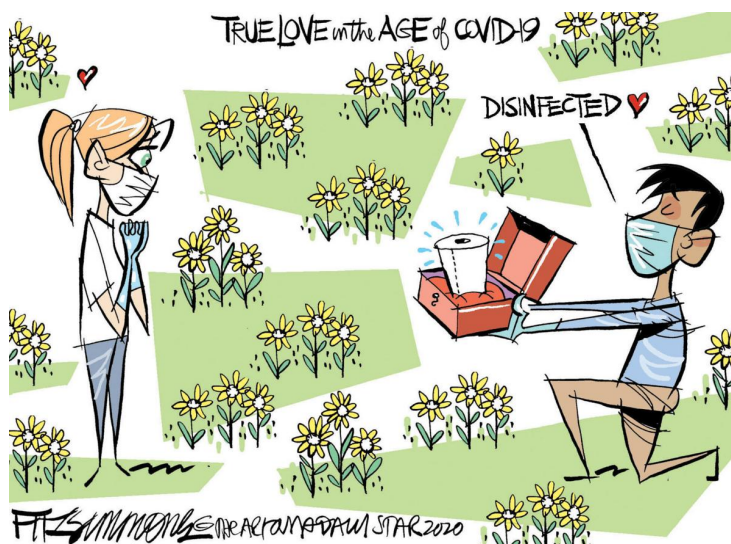
9	5	2	3	8	6	4	7	1
6	7	8	1	4	2	5	9	3
3	1	4	9	7	5	8	2	6
1	4	9	5	3	7	6	8	2
2	8	5	6	1	9	7	3	4
7	6	3	8	2	4	9	1	5
4	9	1	2	5	8	3	6	7
5	3	6	7	9	1	2	4	8
8	2	7	4	6	3	1	5	9

Medium

6	4	8	7	3	1	5	9	2
3	5	2	9	8	4	1	6	7
1	7	9	5	6	2	3	8	4
2	6	4	3	5	9	8	7	1
5	1	3	4	7	8	9	2	6
8	9	7	2	1	6	4	5	3
9	3	1	8	2	7	6	4	5
7	8	6	1	4	5	2	3	9
4	2	5	6	9	3	7	1	8

WORD SCRAMBLE
ANSWERS

- | | |
|---------------|-----------------|
| 1.) Pumpkin | 2.) Acorns |
| 3.) Hayride | 4.) Apple Cider |
| 5.) Harvest | 6.) Football |
| 7.) Scarecrow | 8.) Gourd |
| 9.) Corn Maze | |

LAUGHTER IS THE BEST
MEDICINE

Rebus For the Mind

See bottom of page for answers

Personality personality	STOOD mis	SOMEWHERE 	history history history	million
miniature thereute	chair	in vaders		ST AND
VISION	WALKING ICE	STORM	SPOT	ONCE 
PROMISE	VIOLETS	EAT PINEAPPLE	DOOR	GET A WORD IN
COUNTRY COUNTRY	 3.14159	GROUND FEET FEET FEET	RAKEN	BUSINES

split personality 2. misunderstood 3. somewhere over the rainbow 4. history repeats itself 5. one in a million 6. I'll be there in a minute 7. high chair 8. space invaders 9. slow down 10. stand in the corner 11. double vision 12. walking on thin ice 13. eye of the storm 14. x marks the spot 15. once upon a time 16. broken promise 17. shrinking violets 18. upside down pineapple cake 19. backdoor 20. get a word in edgewise 21. cross country 22. apple pie 23. six feet under ground 24. half baked 25. unfinished business.

TOP 10 REASONS TO EAT FRUITS AND VEGGIES

1. Add color, texture, and appeal to your plate.
2. Are nutritious and ready when you are!
3. Provides fiber that helps fill you up and keeps your digestive system happy.
4. Are naturally low in calories.
5. Reduce the risk of heart disease, high blood pressure, and some cancers.
6. Rich in vitamins and minerals, such as vitamins A and C, and calcium, iron, and potassium, which help you feel healthy and energized.
7. Available in quite a variety, and every season brings something new to try!
8. Are nature's treat and easy to grab for a nutritious snack.
9. Comes in variety. Some crunch, some are juicy, some you peel, and some you grow in your backyard.
10. Fruits and vegetables are nutritious and delicious!

Word Bank

Calories
Color
Convenience
Delicious
Disease
Fiber
Funsnacks
Minerals
Texture
Variety
Vitamins

T S N K K T Y G V P C B U U D
E G K V E S O A E O S V L F P
X B D C B H R M N O W V G H S
T P O Y A I M V R O L O C H P
U R T K E N E A D G I F Z L Y
R F E T W N S U O I C I L E D
E F Y B I N D N S D S R P L W
T W V E I O I L U H S E A P P
Q U N H Y F A U E F E A A J S
Z C W E P R S B W Z I I C S H
E N T X E W T E I N R E B U E
J M W N E W I Q E G O B E T E
R V I T A M I N S D L P R K V
J M B A M U R Y Z B A D A H O
P D U W P P I X Q Z C V N T J